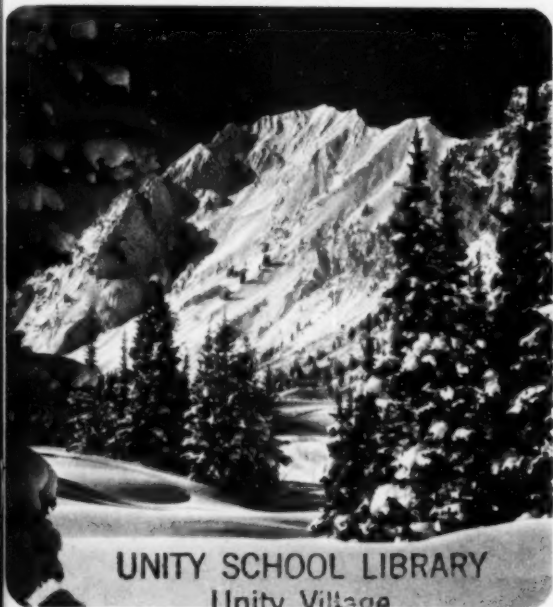


Daily Word



UNITY SCHOOL LIBRARY

Unity Village

Lee's Summit, Missouri 64063

UNITY PUBLICATION

JANUARY 1951

Class Thoughts

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are awakened and inspired to right action for the good of all mankind.

DEC. 20 to JAN. 19

ILLUMINATION (11 a. m.): Of the increase of the Christ light there shall be no end, and I am illumined in all my ways.

PROSPERITY (12 noon): I meditate day and night upon the bounty of God, and He prospers me in all that I do.

HEALING (9 p. m.): Through the understanding of Truth I am born into the Christ consciousness.

JAN. 20 to FEB. 19

ILLUMINATION (11 a. m.): All darkness is dissolved. I am one with the ever-renewing Christ light.

PROSPERITY (12 noon): All thoughts of lack are eliminated. Prosperity and success are established in mind and affairs.

HEALING (9 p. m.): Old thoughts and old conditions are as waters that have passed away. In Christ I am conscious of new life, new strength, and new health.

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DAILY WORD

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No. 1

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Safer than the Known Way

MARTHA SMOCK

*"Go out into the darkness
And put your hand into the hand of God.
That shall be to you better than light
And safer than the known way."*

TO ENTER a new year, or even a new day, is to tread the path of the unknown. Sometimes we feel that it would be easier for us to meet life if things remained the same, if we never had to cope with the new or the unexpected.

But life is growth, and change is part of growth. We really would not have it otherwise, and even when we resist change, something within us is stirred to new faith and rises to meet the challenge of the new demands made on us.

We have powers and abilities within us that we have but half used, and so we are not completely satisfied, even in the most ideal surroundings, even when the conditions of our life seem most peaceful and serene.

So we enter the new year with a feeling of thankfulness for all that has gone before and with a welcome in our heart for what is yet to come. We have faith in the goodness of God, in

the love of God, in the power of God, and we know that in all things He is with us, that He will not fail us nor forsake us.

We know that in truth there is no time, that "a thousand years in thy sight *are but* as yesterday when it is past," that the time for the fulfillment of our prayers is at hand—not next year, or the year after that, but now. We do not outline or plan what the year ahead will bring to us. But if there is any overcoming we long to make, if there is any prayer we want fulfilled, we give thanks now, at the beginning of this new year, that the time is at hand for us to step forth and claim our own as God's child.

The new year is as yet unknown, the path that seems so clear and straight now may have unexpected turns, the way of life we now accept without question may be changed overnight, but the certainty of God's care and our trust in Him, moment by moment, turns the unknown into the known, prepares us for the turns in the road, fortifies us for change. Through this year and every year, we are safe and secure in God. Though human lives and affairs may be changed, our steps are taking us forward. With our hand in God's, we shall not fail. With our faith strong in Him, we go forward now to meet the best year that we have ever known.

The Words You Spoke

ROWENA CHENEY

I'm grateful for the words you spoke;
You proved yourself a friend indeed.
How many times those words came back
To guide me in a time of need.

You could have spoken otherwise—
But you were kind. How well you knew
My need of all you had to give!
And yet, with just a word or two,

You smoothed the way. You did not try
To give more than I could receive;
Your quiet wisdom told me then
You could not force me to believe.

And strangely, I am grateful, too,
For all the things you did not say;
Your silence was as blessed a balm
As were the words you spoke that day.

A Good Night's Sleep

ELLSWORTH KALAS

ALL OF US know how important it is to start the day right. The day that begins well is likely to be a happy day. Most of us realize that during the first few waking moments we can prepare ourselves for the hours ahead.

But the day does not begin at the hour in the morning when we arise; it begins five minutes before we fall asleep at night! It has been said that the last few minutes before sleep are the most important moments of the day. These minutes can set the pattern for the day ahead.

I am often surprised at the number of people who accept poor rest as a normal part of life, at the number of people who depend on sleeping pills. So many declare, "I just don't sleep well. I have so much on my mind at night that I find it hard to fall asleep, and after I do my rest is broken by frequent awakenings."

The first step in assuring good sleep is to clear the mind of worry, fear, and all else that wars against a peaceful spirit. Often people are able

to rise above their worries through the day by keeping their mind filled with other activities; but at night they allow all such encumbrances to fill their thinking just before they fall asleep. If we have problems to meet we need to know that God is in charge of our life and affairs, that His power will not fail us, that with His help we shall be able to meet anything with courage, understanding, and faith. With this assurance in our heart we shall be able to relax and let go and rest.

I recall a high-school teacher who went through a trying day with a problem pupil. That evening before going to bed she began worrying about how to deal with the boy. During the night she dreamed that she was dropping the boy from the third floor window of the school, running down the stairs and picking him up, then carrying him back up the long flight of stairs to drop him once more. When she awakened in the morning her back and arms were tired from the peculiar dream of the night, so tired that they ached. "I resolved that day," she told me, "never to take my troubles to bed with me again."

"Let not the sun go down upon your wrath." Matters that have disturbed us during the day should be cast aside before night, lest they rob us of rest and thus injure another day. Sometimes our rest is disturbed because of something we may

have said or done that we fear has been misunderstood or misinterpreted. If possible, we should see or telephone the person involved before retiring and clear up the matter. Bewildered and resentful thoughts may be bothering the other person, too.

But if such a course of action is not possible we can find peace of mind by sending our loving prayers to that person, by knowing that God's love is forgiving and blessing us if we have fallen short in any way.

Unhappy thoughts disturb our rest; warm, kind, peaceful thoughts make for tranquil rest. It is uplifting in those last moments before falling to sleep to recall the goodness of God. Count the day's blessings, remembering the numerous times during the day when God blessed you. As you thank Him for the blessings of the day just past you are assuring yourself of a restful night's sleep, and a good start in the morning.

You can rest in the Lord. While traveling on a train one night during the last war, a friend of mine found himself without a seat. At last he noticed an empty area on the floor between the backs of two seats. He squeezed into the little enclosure, and forgetting the noise and disturbances around him, asked God for a good night's rest. He declares that he enjoyed the best sleep

of his life that night!

Occasionally, there are times when circumstances prevent us from going to bed at the usual hour, robbing us of sleep. I have learned at such times to pray a simple prayer: "Father, You know that I have only four hours to sleep tonight; I pray that You will give me eight hour's rest in these four hours of time." God has always answered that prayer.

The serenity that guarantees good sleep is our gift from God. If we relax in the knowledge of God's presence, knowing that all is well, we will awaken in the morning with all our faculties renewed, ready to meet the day ahead happily and confidently. Then indeed we can start the day right.

Symphony

PAULINE HAVARD

Send forth words that heal and bless;
Words of praise and tenderness;
Words of kindness, spoken clear;
Music to the listening ear;
Sweet as chime of bells or birds,
The symphony of Christlike words!

JANUARY 1

Monday

I ENTER THE NEW YEAR WITH JOYOUS
EXPECTANCY.

THE BEGINNING of a new year is a good time for us to take inventory of ourself, to give thanks for all that we have accomplished in the past year, and to set new goals in the coming year.

Is there an overcoming you should like to make? Affirm now, at the beginning of the year, that with God's help you will overcome any lack or limitation in yourself. Is there something you should like to accomplish? Affirm now that the all-accomplishing power of Spirit is working in and through you, and you have the power to complete successfully whatever you desire to do.

Do you long to be healed? Affirm now that this is the time, this is the year you will be set free and made whole. Do you wish that you had more money, more of the things that make life seem more secure and comfortable? Affirm now that God is the source of your supply, that your every need is perfectly fulfilled.

Set your standard for the days ahead. Begin your year with God, and decree your good now.

• *In the beginning God.*—GEN. 1:1.

Tuesday

JANUARY 2

DIVINE ORDER AND HARMONY ARE ESTABLISHED IN MY MIND AND AFFAIRS.

MUCH OF the confusion we experience in life comes through our thinking that there is not enough time to do all the things we want to do or all the things we feel we should do. But actually, we have all the time we need. Often, our need is not for more time, but for more wisdom in using our time. Instead of feeling that the demands on our time and energy are more than we can meet, let us think of our God-given powers and abilities to accomplish. Let us give thanks for the wisdom to discern between what is important and what is unimportant; let us give thanks for the courage to let go of the unimportant and for the will to accomplish the important.

Let us begin the day by thinking of the things that need to be done by us and by giving thanks that God is working in and through us, giving us the ability, the energy, the wisdom we need to do what is before us. As divine order is established in our thinking, our life and affairs are blessed with order and harmony.

♣ *Let all things be done . . . in order.*—I COR. 14:40.

JANUARY 3

Wednesday

I INTRUST ALL PERSONS TO THY LOVING CARE, FOR I KNOW THAT EVERY SOUL IS ETERNALLY GUIDED BY THEE.

I WOULD be more understanding of my fellow men. I would realize that each person lives his life according to the degree of his understanding.

I would let go of the tendency to believe that everyone should think as I do. I would remember that my part is to live the Truth as best I see it. I would refrain from words of criticism or condemnation. I would make my life so radiant with God's love and joy that others will be inspired, because they have come to know His presence through me.

I would remind myself that even if I feel that others are taking a wrong course, unless they ask me for advice, the best way I can help is to keep my silence and to intrust them to God's care.

O loving Father, help me to remember that Thy way for Thy children is the best way. Help me to remember that every soul is eternally guided by Thee.

♣ *Ye judge after the flesh; I judge no man.*—JOHN 8:15.

Thursday

JANUARY 4

I AM NOT ANXIOUS ABOUT TOMORROW. I FOLLOW THE GUIDANCE GOD GIVES ME TODAY.

A HAPPY LIFE is built one day at a time. Knowing this, I do not get anxious or tense because I cannot see clearly or know definitely what tomorrow will bring. I know that as I act with the highest judgment I have today, I am building for a successful, satisfying tomorrow.

As I act in love and courage today, I am releasing powers that are creative, powers that give me confidence, that encourage and help others, that attract friends and opportunities.

As I content myself with guidance for one day at a time, I am living fully in today. I am not missing the blessings at hand by looking away to another time. I am developing sensitivity and appreciation. I am building for a successful, satisfying tomorrow.

I know that the light and guidance I receive through prayer today will take me forward to the perfect fulfillment of my needs.

☛ *Be not therefore anxious for the morrow.*—MATT. 6:34.

JANUARY 5

Friday

GOD IS THE SOURCE OF MY EVERY GOOD
THOUGHT AND THING.

JESUS DESCRIBES the path that offers deliverance from every discord, every lack in these words: "I am the way, and the truth, and the life."

The "I" referred to does not mean the personal man Jesus, the personal you, or the personal me, but rather it refers to the Christ that dwells in the inner heart of each one of us, even as it dwelt in Jesus.

The Christ, which is in everyone alike, is the true way out of any and every difficulty, out of every false condition we may seem to be experiencing at the moment, whether it be illness, grief, fear, poverty, lack of any kind.

This perfect selfhood of God, the Christ within you and me, is our way, the way out of the false into the true, the way out of imperfection into perfection.

The Christ way includes a limitless abundance of all the good there is—health, wealth, love, and harmony.

* *I am the way, and the truth, and the life: no one cometh unto the Father, but by me.*—JOHN 14:6.

Saturday

JANUARY 6

FATHER, I DO YOUR WORK TODAY.

I AM always ready to do the work of the Father. I use my mind, my eyes, my ears, my hands, my heart, my strength in His service. My mind is open to divine guidance and instruction. My eyes are open to see what He would have me do, to see the need in another's heart that a word from Him through me can fill. My ears are open to hear the call He would have me to answer. My hands are quick to serve in even the humblest way. My heart is open to His Spirit of love and blessing, and I radiate a blessing to those about me. My strength is unfailing, unlimited. I can do all things through Him.

Today I will not fail to use opportunities that God places before me. I will be steadfast, not hesitant or questioning. Though I may feel inferior within my own self, I conquer this feeling by knowing that God is working through me to heal and to bless. He does His work through me in order to bring into manifestation His kingdom on earth.

Dear Father, here am I, ready to do Your work.

☛ *And I heard the voice of the Lord, saying, Whom shall I send . . . Then I said, Here am I.—ISA. 6:8.*

I APPLY MY UNDERSTANDING OF TRUTH.

CHARLES FILLMORE gives this practical and valuable help to the Truth student: "In order to realize Truth and to demonstrate it you must live it. If anyone appears careless, simply deny it and affirm order and harmony. Allow nothing in the external to disturb your poise and dominion. That is the way of love. When you refuse to see negative things they will disappear, and you will be surprised to see how you will change. Your mind, body, and affairs are the expression of your thoughts, so if you are not happy, change your mental habits. This may not seem practical to you at first, but if you will faithfully practice the Golden Rule and send only thoughts of love to everyone, you will witness practical results. You can cultivate the habit of seeing the good, the true, and the bright side of every subject, and when with your friends you can bring this bright side out in conversation, thus keeping yourself positive and poised, and at the same time sowing the seed of Truth in the minds of others."

* If ye know these things, blessed are ye if ye do them.—JOHN 13:17.

Monday

JANUARY 8

THROUGH THE POWER OF CHRIST WITHIN ME, I AM ABLE TO OVERCOME ANY UNHAPPY SITUATION IN MY LIFE.

THERE IS no unhappy situation in my life that cannot be overcome. There is no circumstance that cannot be changed for the better. There is no problem that cannot be solved satisfactorily. There is never a moment in my life that is not charged with peace and power.

Infinite spiritual power, which is the only real power, is latent within me. I can call it forth into action by having faith in God even when things seem darkest. I am a child of God, and through Him, I can meet life successfully and happily.

I believe that "with God all things are possible." I know that He is all-powerful, infinitely good, that He is with me every moment, and I hold fast to this truth. I think of this truth instead of any seeming problem.

I begin this moment to deny permanent power to anyone or anything but God. I begin this moment to affirm the presence and power of good in my life.

✿ *Cast thy burden upon Jehovah, and he will sustain thee.*—PSALMS 55:22.

JANUARY 9

Tuesday

"KEEP ME, GUIDE ME, LOVE ME, LORD, JUST
FOR TODAY."

AS I BEGIN this day, I look to You, Lord.
Keep me in all my ways, safe in Your
presence, infolded in Your love.

Guide my feet in the way they should go. In-
struct me with Your "still small voice." Help me
to be faithful to Your guidance. Help me to be
calm, unwavering, steadfast in the knowledge
that You are in charge and nothing but good can
come to me and mine.

Love me, Lord, just for today. I know that You
are with me today, supplying all my needs, ten-
derly upholding me.

Today I walk with You, and You lead me ir-
resistibly to the good you have already prepared
for me. Whatever I need to do today, be with
me, Lord. Wherever I need to go today, guide
my steps, Lord.

Keep me safe and secure through every moment
of the day. Fill me with Your wisdom; infold me
in Your love; strengthen me with Your power.

*Jehovah make his face to shine upon thee, and be gra-
cious unto thee.*

—NUM. 6:24, 25.

Wednesday

JANUARY 10

I FORGIVE ALL PAST HURTS AND WRONGS,
AND I AM FREE AND HAPPY.

TO FORGIVE and forget is vital to freedom, peace, and progress, for unforgiven wrongs burden the soul.

When we want to forgive but do not know how, it is comforting to know that our very desire to forgive is the first step toward its accomplishment. Understanding is the path to true and lasting forgiveness, and the desire to forgive prepares the heart and mind for understanding.

It is easier for us to forgive when we understand that people usually do the best they can with the understanding they have at the time. Though it is sometimes difficult to realize, much of what hurts us is merely thoughtlessness on the part of others, rather than malice or intentional slight.

Others are learning and growing through their experiences, as we are learning and growing through ours. As we realize this, we no longer feel hurt or wronged by others. With this understanding, we easily forgive and forget.

✿ *And forgive us our debts, as we also have forgiven our debtors.*—MATT. 6:12.

JANUARY 11

Thursday

I MERGE MY WILL WITH THINE, AND I REALIZE MY ETERNAL SAFETY.

DEAR FATHER, I now withdraw my attention from my problems and surroundings; I close my eyes, relax completely, and experience quietude. My body, my mind, and my feelings are still and expectant.

God, my Father, infinite love, I am safe in the midst of Thee. I am so safe in Thee that I can let go of all fear and anxiety and surrender my whole self to Thee.

I now give up all self-concern, all self-will, all self-interest. It is safe and satisfying to be one with Thee, to become aware of how good Thy will is, to desire only to let it have its perfect way in me. Just as I am safe with Thee in this hour, so shall I always be safe while I think on Thee and keep my will merged in Thine as it is now. I feel Thy transforming power within me, freeing me from fear for all time.

Father, I thank Thee for Thy reassuring, loving presence. It shall abide with me as I leave this quiet place to live this day in faith and peace.

* *The world passeth away . . . but he that doeth the will of God abideth for ever.*—I JOHN 2:17.

Friday

JANUARY 12

I AM FILLED WITH THE JOY OF LIVING.

IF THERE IS something we have not seemed able to master, let us not become discouraged. Perhaps we have been trying too hard or struggling with the thought of our own inability instead of trusting in the Father to work through us.

The grace of God is sufficient for every need. God is able to help us every step of the way, and the very knowledge that God cannot fail—and therefore, we cannot fail—should be enough to keep our heart singing with joy night and day.

When we are aware of the presence of God ever within us, we are filled with the joy of living. We pray, we approach life in a radiant, joyous spirit. We seek earnestly after spiritual things, but we do not let ourself become so intensely serious in our search for Truth that we become impatient with ourself or our progress. We remember that the Father is helping us to unfold our powers and that He loves us.

✿ *These things have I spoken unto you, that in me ye may have peace. In the world ye have tribulation: but be of good cheer; I have overcome the world.*—JOHN 16:33.

I STAND STILL AND ALLOW GOD'S WISE AND LOVING SPIRIT TO ESTABLISH HARMONY AND PEACE IN MY LIFE.

WHEN THERE IS a misunderstanding between us and another person, or when we have an inharmonious situation to handle, many of us feel we should say something or do something to make things right. But explanations or impulsive gestures often increase the misunderstanding or inharmony.

When we stand still in the midst of an inharmonious situation and let God's Spirit enlighten our mind and heart and the mind and heart of the other person involved, adjustments take place before our eyes. God's Spirit clears the vision of the individual mind and heart. When we see as God sees, we are able to see beyond appearances. Prejudices are dropped. Resentments are dissolved. Resistance disappears. Understanding prevails. Good will reigns.

When we stand still and give God's Spirit full sway in a situation, harmony and peace are established.

• *Stand still and see this great thing, which Jehovah will do before your eyes.*—I SAM. 12:16.

Sunday

JANUARY 14

O LOVING FATHER, YOU HAVE HEALED MY HEART OF ALL GRIEF AND GIVEN ME PEACE AND COURAGE TO GO FORWARD TRIUMPHANTLY.

JESUS SAID, "Let not your heart be troubled: believe in God, believe also in me. In my Father's house are many mansions."

I am comforted as I remember that in Your house are many mansions.

O loving Father, I will not let my heart be troubled by the changes that come in human lives and affairs, but I will give thanks that even those who are separated from my sight are safe with You, surrounded and infolded in Your loving care.

You are all-comforting, and I accept Your promise to heal my heart of all grief.

I direct my thoughts to You, O loving Father. I know that You will sustain me and give me strength to meet the experiences of life bravely.

✱ *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforteth us in all our affliction, that we may be able to comfort them that are in any affliction, through the comfort wherewith we ourselves are comforted of God.*—II COR. 1:3.

JANUARY 15

Monday

PRAISE GOD THAT GOOD IS EVERYWHERE.

I BEGIN MY DAY with praise to God, for I know that no matter what my tasks for today, no matter how great or how small they may be, He is with me, giving me the strength, the wisdom, the capability I need to perform them.

"Praise God that good is everywhere;
Praise to the love we all may share,
The life that thrills in you and me;
Praise to the Truth that sets us free."

I praise God that His good is everywhere. I know that there is no place where He does not abide, that if I look for the good, I shall find it.

I praise God for love—love that I can share with my family, my friends, my neighbors, my associates. I praise God for life—life that is good, life that flows freely through my mind and body, renewing and restoring me. I praise God for Truth—Truth that sets me free to enjoy the good, to live more abundantly, more happily, more thankfully.

*Praise ye Jehovah.
Sing unto Jehovah a new song.*
—PSALMS 149:1.



New Year



CATHERINE E. BERRY

This is the new year, this its hope—

New days, new dreams to share,

The untrod path of hours and months

That may lead anywhere.

With eager hands and trusting heart

We push the door ajar;

With Christ to lead us we shall find

The year winds to a star!

Tuesday

JANUARY 16

CRITICISM AND CONDEMNATION HAVE NO
POWER TO HURT ME, FOR I AM CENTERED
AND POISED IN SPIRIT.

C RITICISM and condemnation have no power to hurt me, for I am centered and poised in Spirit, where I see and know only good. I do not judge the one who judges me. I am not hurt by this judgment of me, because I know that he is not seeing the real me, the child of God. His criticism is not according to Truth but according to appearances.

I know that there is only one presence and one power in my life, the presence and power of God, the presence and power of good. I acknowledge the presence of good in my life and see it take form in every way.

I acknowledge the presence of good in the life of the one who criticizes me and know that good is being made manifest for him.

Criticism and condemnation have no power to hurt me. The presence of good takes charge of my mind and heart, and I am kept in perfect peace.

*Unto thee, O Lord, belongeth lovingkindness;
For thou renderest to every man according to his work.*
—PSALMS 62:12.

JANUARY 17

Wednesday

I HAVE FAITH IN THE POWER OF GOD WITHIN
ME TO DIRECT MY EVERY STEP, TO PROTECT
AND TO BLESS ME.

THERE IS peace and assurance in the realization that the power of God within us is mighty to protect and to bless us, that His wisdom directs every step we take. There is strength and courage in the knowledge that this same power is within our loved ones, guiding them safely and surely through every experience.

No matter where your loved ones may be or what their need, you may be sure that within them is the power of God to direct, to protect, and to bless them. Even if someone dear to you is in a faraway place, meeting conditions that you cannot know about, you still may have faith in the power of God within to help him meet life confidently and serenely. See your loved one as filled with God's Spirit, as relying courageously upon God's help, and know that he is kept safe and secure at all times, in all places.

God's protecting love is with us, directing our every step, protecting and blessing us.

✿ *Fear not, for I have redeemed thee; I have called thee by thy name, thou art mine.—ISA. 43:1.*

Thursday

JANUARY 18

I CENTER MY FAITH IN MY DIVINE SELF AND MEET EACH DAY, EACH EXPERIENCE WITH POISE AND ASSURANCE.

IF YOU were fully aware of your divine potentialities, you would not feel uneasy about your ability to meet the experiences of life. You would know that you have within you all the resources you need to meet the demands of life in a triumphant and fulfilling way.

God created you in His image and likeness; He placed His own Spirit within you. You have the fullness of His wisdom and power to depend on at all times. You must learn to believe in this wisdom and power, and to call upon it, to use it.

When you remember that you are fully adequate to meet life, that God is with you always, then no unusual demand, no new or unexpected experience can upset your emotional control or undermine your faith. Life can ask nothing of you that is beyond your faith or beyond your ability to meet capably and commendably, with poise and assurance.

♣ *And God said, Let us make man in our image, after our likeness: and let them have dominion.—GEN. 1:26.*

JANUARY 19

Friday

THE LOVE OF GOD, EXPRESSED THROUGH ME,
HELPS ME TO SEE BEYOND OUTER APPEAR-
ANCES AND TO ESTABLISH HARMONY IN MY
LIFE.

WHEN WE are disturbed about conditions in our life, or when our relations with other persons are inharmonious or cause us unhappiness, we can find peace of mind by turning to God and letting His love flow in and through us. The love of God, expressed through us, will help us to see beyond all appearances and to call forth the innate good in others. It will help us to express our own innate good qualities of patience, love, unselfishness, and kindness.

Every situation in our life will respond to love. Whether it is contention in the home or inharmony among co-workers, we can bring about peace through giving expression to love. As we open our heart to the love of God, as we keep our thoughts loving, as we act with understanding and compassion toward others, we experience peace in our human relations.

✿ *And above all these things put on love, which is the bond of perfectness. And let the peace of Christ rule in your hearts.—COL. 3:14, 15.*

Saturday

JANUARY 20

ALL DARKNESS IS DISSOLVED. I AM ONE WITH
THE EVER-RENEWING CHRIST LIGHT.—UNITY
ILLUMINATION THOUGHT.

WE HAVE just completed the first half of the twentieth century. In the span of these fifty years, many wonderful discoveries have been made, and there has been great progress in every field of human endeavor.

While mankind has not yet demonstrated mastery over war and contention, such mastery is not far distant. We are convinced that the great spiritual discoveries that will be made in the last half of this century will give men the spiritual understanding necessary to establish everlasting peace.

The illumination thought for this month is one that provides us the key to peace: The light that dissolves spiritual darkness is the realization that we are one with the Christ and the ever-renewing Christ light.

Let us rejoice that all darkness is dissolved, that in our oneness with the Christ light we have peace forevermore.

✿ *Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee.*—ISA. 60:1.

ALL THOUGHTS OF LACK ARE ELIMINATED. PROSPERITY AND SUCCESS ARE ESTABLISHED IN MIND AND AFFAIRS, IN THE NAME OF JESUS CHRIST.—UNITY PROSPERITY THOUGHT.

PROSPERITY and success come to us not by chance, but because we make ourself ready for them through sincere and steadfast spiritual preparation.

It is a law of mind action that only one thought pattern at a time can hold precedence in our mind. What we think most strongly becomes manifest for us. It follows logically then that when our thinking is confused, sometimes positive and sometimes negative, the condition of our affairs will depend on whether the positive or the negative thoughts are in the ascendancy.

To insure that prosperity and success become established in our life, we must first prepare the way for them by eliminating all thoughts of lack. We rid ourself of such thoughts by resolutely affirming our faith in God as instant, constant, and abundant supply. As we continue to follow this practice, prosperity and success are ours.

✿ *Prepare ye in the wilderness the way of Jehovah.*
—ISA. 40:3.

Monday

JANUARY 22

OLD THOUGHTS AND OLD CONDITIONS ARE AS WATERS THAT HAVE PASSED AWAY. IN CHRIST I AM CONSCIOUS OF NEW LIFE, NEW STRENGTH, AND NEW HEALTH.—UNITY HEALING THOUGHT.

FROM THIS MOMENT, rid yourself of the belief that you are subject to disease or weakness of any kind. No feeling of weakness or appearance of physical debility has power over the truth that God is your health. From this moment henceforth, declare your freedom and wholeness as God's child.

The old thoughts you have held in mind, the old conditions these thoughts have brought to pass are gone. They are gone because now, this moment, you are in the healing presence of Christ. In Him you are conscious of new life, new strength, new health. In Him you are made whole and well. In Him you have perfect freedom. In Him you are a wholly new creature.

Old thoughts and old conditions are as waters that have passed away. In Christ you are conscious of new life, new strength, and new health.

✿ *As the Father hath life in himself, even so gave he to the Son also to have life in himself.*—JOHN 5:26.

JANUARY 23

Tuesday

IN ALL SITUATIONS, I KEEP MY MIND QUIETLY
AND STEADILY STAYED ON THE FATHER
WITHIN.

THERE IS a method of dealing with every situation in life that never fails, and when used, it opens our consciousness to the inflowing strength, healing life, and harmonizing peace of God. This method is simple, but it requires our complete attention and steadfastness. We need to do this: Let us turn our attention away from the problem and look within to the presence of God. Let us relax as completely as possible and then think quietly about the presence of God that is infolding us and guiding us. The affirmations we make should not be hurried or tense, but quietly and steadfastly turned over in our mind until we feel God's great healing peace entering our consciousness and beginning to direct our thoughts.

If there is fear or inward turmoil, it may not be easy at first to keep our mind on God, but as we persist in quietly filling our mind with thoughts of His loving care, the fear will be dissolved and the turmoil will disappear.

✽ *Thou wilt keep him in perfect peace.*—ISA. 26:3.

Wednesday

JANUARY 24

LET LIBERTY, JUSTICE, RIGHTEOUSNESS, AND PEACE BE ESTABLISHED THROUGHOUT THE WORLD, IN THE NAME OF THE LORD JESUS CHRIST.

EVERY DAY, many times a day, Silent Unity prays for peace in the world.

We depend on you who read DAILY WORD, you who pray with us daily, to add your prayers to ours for world peace. The spoken word of Truth has power, and individual prayers for the establishment of liberty for all people, justice for all people, righteousness for all people have a culminative effect on world conditions.

As we affirm: "Let liberty, justice, righteousness, and peace be established throughout the world," let us have faith that "our words are Spirit and they are life, and they do accomplish that whereto they are sent."

Whenever we think of world conditions, whatever the reports we read or hear, we will not be dismayed or disheartened as we keep our faith centered in God, as we hold fast to the realization that His Spirit is at work in the world.

✿ *The supplication of a righteous man availeth much.*
—JAMES 5:16.

JANUARY 25

Thursday

"I CAN DO ALL THINGS IN HIM THAT
STRENGTHENETH ME."

YOU DO NOT stand alone; you are not called on to meet life alone; you are not dependent on your own power and strength. God is with you, God is within you, a tower of strength in time of need, a life-giving Spirit, a source of courage and overcoming power.

Say to yourself every morning: "I can do all things in him that strengtheneth me." Begin your day with God.

You can have no greater help in making an overcoming than the realization that you do not make your overcoming alone. God is with you, lifting you up, giving you courage, standing with you, helping you to stand firm.

God is with you now, whoever you are, wherever you are, whatever your need. He will not fail you or forsake you. Through His power, you can do all things. With His help, you can overcome all that has kept you from being completely free, completely happy, completely at peace within yourself.

☛ *I can do all things in him that strengtheneth me.*
—PHIL. 4:13.

Friday

JANUARY 26

I NOW LAY HOLD OF THE PERFECT SPIRITUAL IDEAS THAT INCREASE AND MULTIPLY MY GOOD.

“**T**HERE IS that scattereth, and increaseth yet more.” What does this mean? What is it that cannot be depleted, but rather increases as it is given forth? Spiritual ideas. We can never use up spiritual ideas; the more we use them, the more they increase. And as spiritual ideas increase in us, our supply of every good thing is increased and multiplied.

If there is any lack in your life—lack of money, lack of work, lack of love, lack of friends—silently ask God to reveal to you the spiritual ideas you need.

God is the unfailing source of your life, your substance, your health, your happiness. He will reveal new ideas to you as you seek Him, and as you put these ideas into expression in your life, the lack will be filled, your good will be brought forth.

*There is that scattereth, and increaseth yet more;
And there is that withholdeth more than is meet, but
it tendeth only to want.*

—PROV. 11:24.

JANUARY 27

Saturday

THE PEACE OF GOD PREVAILS IN THIS HOUSEHOLD.

GOD IS IN this household. His love fills every heart; His peace fills every mind.

God is the guiding light in this household. His Spirit inspires the loving word, the happy thought, the right action.

God is the protecting power in this household. He guides our way; He protects our steps; He keeps us safe and secure through the day and night.

God is the unity of this household. We are one in Him, even when we are separated from one another; we are one in Him, even when we differ in thought and opinion with one another. We are one in Him, even as we free one another to live as best we see fit.

God is the joyous Spirit in this household. His Spirit lightens our heart, lessens any tension, sets us free from unhappy thoughts or feelings.

God is the strength of this household. He is the firm foundation upon which this home rests. Our faith is in Him.

✿ *We have a building from God, a house not made with hands, eternal, in the heavens.—II COR. 5:1.*

Sunday

JANUARY 28

I DWELL IN THE SECRET PLACE OF THE MOST HIGH.

“**H**E THAT dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.

I will say of Jehovah, He is my refuge and my fortress;

My God, in whom I trust.

For he will deliver thee from the snare of the fowler,

And from the deadly pestilence.

He will cover thee with his pinions,

And under his wings shalt thou take refuge:

His truth is a shield and a buckler.

Thou shalt not be afraid for the terror by night,

Nor for the arrow that flieth by day;

For the pestilence that walketh in darkness,

Nor for the destruction that wasteth at noon-day.

A thousand shall fall at thy side,

And ten thousand at thy right hand;

But it shall not come nigh thee.”

• *With long life will I satisfy him.*—PSALMS 91:16.

JANUARY 29

Monday

I DO NOT BELIEVE IN INJUSTICE; I DO NOT ACCEPT INJUSTICE. I BELIEVE IN THE GOODNESS, IN THE JUSTICE OF GOD AT WORK IN MY LIFE. I KNOW THAT NOTHING CAN KEEP MY OWN FROM ME.

WHAT SHOULD we do if we feel unjustly treated? Should we resign ourself to what seems to be an unfair situation?

As Truth students, we can always take a positive stand. We need never accept injustice; we need never resign ourself to not having what is rightfully ours.

The first thing we should do is to declare firmly that our own comes to us under divine law. We should deny the belief in injustice. Let us say to ourself: "I do not believe in injustice; I do not accept injustice. I believe in the goodness, in the justice of God at work in my life. I know that nothing can keep what is rightfully my own from me."

We shall find that when we set our own thoughts aright, when we no longer feel unhappy or ill-treated, our life and affairs will feel the blessing of our positive thinking.

• *The way of the just is uprightness.*—Isa. 26:7.

Tuesday

JANUARY 30

AWARE OF MY UNITY WITH GOD, I WALK IN
CONFIDENCE.

AWARE OF MY unity with God, I know that I am never alone or unsupported in life. Whatever my aspirations, I know that I have One with me to supply the insight and guidance I need to fulfill those aspirations.

Aware of my unity with God, I do not compare my accomplishments, my appearance, my possessions with those of others. I know that I have my own place to fill, my own gifts to contribute to the lives of others. I am happy to be myself and to fill my own place.

Aware of my unity with God, I approach each undertaking with faith in my ability to make wise judgments, to meet each challenge with spiritual stamina and effective action.

Aware of my unity with God, I take the initiative in directing my life. I think and act with decision and courage, for I know that my purpose is to develop and grow and to help others to develop and grow.

Aware of my unity with God, I walk in confidence.

✿ *Jehovah will be thy confidence.*—PROV. 3:26.

JANUARY 31

Wednesday

BLESSED AM I, FOR I AM HEALED NOW.

BLESSED am I, for I am healed now:
Blessed are my eyes, for they are the eyes
of God.

Blessed are my ears, for they are the ears of
God.

Blessed are my hands, for they are the hands
of God.

Blessed are my feet, for they are the feet of
God.

Blessed is my heart, for it beats with the love
of God.

Blessed is my body, for it is alive with the life
of God.

Blessed is my mind, for it is filled with the in-
telligence of God.

Blessed is my spirit, for it is quickened with
the power of God.

Blessed am I in heart, mind, body, and spirit,
for I am one with God's love, life, intelligence,
and power.

Blessed am I, for I am healed now.

* *He who blesseth himself in the earth shall bless
himself in the God of truth . . . because the former
troubles are forgotten.*—ISA. 65:16.

A "Bridge of Faith"

VISITORS to the new home of Unity School at Unity Farm are impressed by the beautiful bridge, now under construction, which will span the mirror pool and connect the Silent Unity Building and the Unity Tower with the Administration Building.

The bridge combines beauty and utility and, like the other structures at Unity, it was inspired by spiritual vision and is being built for practical use. Of flowing Venetian design, the bridge is of concrete, roughened and weathered by a special process to harmonize with the nearby buildings.

Inside the bridge structure are filter chambers, through which water from the pool will pass as a part of the air conditioning for the Unity buildings. Thus an added utilitarian purpose of the bridge will be accomplished.

Loud speakers through which organ music will be amplified will be installed upon the bridge. The organ console will be on the balcony of the Administration Building. Organ music for vespers, concerts and inspirational services will add to the peaceful atmosphere of Unity's new home. Comfortable seats will offer sanctuary to those who wish to rest and meditate.

This bridge has been chosen as a structure to

commemorate the lives of Charles and Myrtle Fillmore, founders of the Unity School of Christianity. During the days of their spiritual work they built a veritable bridge of faith from the old race beliefs to a new comprehension and demonstration of Truth. Mindful of this symbolism, Unity will dedicate the bridge to their accomplishments and to the innumerable ways in which their example has helped countless others.

Many friends of Unity have expressed a desire to have a part in the expanded building program constantly in progress at Unity School. Therefore, a Building Fund has been established to which all friends of Unity may send love offerings if they feel led to do so. Each offering received is considered to be the individual's part in the Unity building project.

At the dedication ceremony of the bridge, which will be held next June during the annual conference of the Unity Ministers' Association, a metal chest containing the names of the persons who have made love offerings will be sealed and placed in one end of the bridge balustrade. All who wish to have a part in Unity's building program and to have their names included in the dedication ceremonies may do so. Love offerings may be sent to the Unity Building Fund, c/o Bridge Committee, Lee's Summit, Missouri.

This Month IN UNITY

Blessing Card Republished

If your son, husband, brother, or someone else dear to you is in military service either in this country or in some distant part of the world, you will want one of Unity's free blessing cards entitled *Prayer for a Loved One*.

The publication of this blessing card, which was in much demand during World War II, was discontinued after the war. Now, with many men going in the armed services again, *Prayer for a Loved One* has been republished. R. H. Grenville, a well-known writer of helpful articles and poems, is the author of this inspiring and comforting blessing. Address your request for the free blessing card *Prayer for a Loved One* to Unity headquarters, Lee's Summit, Mo.

For More Effective Prayer

Anyone desiring to improve his praying habits



so that he may realize his heart's desires will profit by reading Frances W. Foulks's book *Effectual Prayer*. She tells what true prayer really is in a manner that will help you to see how you can increase the efficacy of your prayers. Her ideas will aid those who, by the very nature of their prayers, may be unknowingly limiting their abundance. *Effectual Prayer* is a standard Unity book, priced at \$1.

Why Not Tithe?

The first month of the new year is a good time for Truth students to resolve to discover the joys of tithing during the coming year. An excellent discussion of why we should tithe and how we should go about it may be found in the free booklet *As You Tithe so You Prosper*. You may have this free booklet by sending your request to Unity School of Christianity, Lee's Summit, Mo.

TRUTH MAKES A DIFFERENCE!



If you did not know about the Truth teachings when you were a teen-ager, there must have been many times since that when you have thought how much happier, freer, and more productive your formative years would have been had you known about Truth. Knowing this, you are undoubtedly interested in helping others to discover the joy

of the Truth teachings early in life—particularly young people on the threshold of adulthood. And it is possible for you to do so!

You can lead some young person—perhaps your own son or daughter—to Truth unobtrusively, and without “preaching” or moralizing, simply by giving him a one-year subscription for YOU magazine, Unity’s new monthly periodical for teen-agers. YOU magazine, through entertaining stories and inspirational features and articles, instills in eager young hearts the unfailing principles of Truth.

Why not do it today? Send a gift subscription for YOU to the young boy or girl for whom you want the best of everything!

A year’s subscription for YOU magazine is just \$1.

UNITY SCHOOL OF CHRISTIANITY
LEE’S SUMMIT, MO.

Dedicated to you

- • • Who would emerge out of an old world into a new
- • • Who would catch a new vision and thereby find inspiration, hope, and courage
- • • Who would accept peace, health, and plenty

BEGINNING AGAIN

By Frank B. Whitney

This book is especially helpful now—when your thoughts are turned toward a new year, a new beginning, a new chance for happiness.

"You can begin again!" With these heartening words, Frank B. Whitney gives you encouragement in his opening chapter, and then through seven intensely interesting and inspiring chapters, he tells you how to make a fresh start in health, in personal finances, and in human relationships.

Start the new year with BEGINNING AGAIN, the book written by one who was wise, kindly, and companionable. After reading it, you will go forward with new courage to face and conquer your problems.

BEGINNING AGAIN is a standard Unity book, priced at \$1.

UNITY School of Christianity
Lee's Summit, Mo.

ARE YOU MAKING PROGRESS?

Do you seek a better living, a more prosperous, successful, and complete life? These blessings can be yours, if you will take God into partnership, for He has provided an overflowing abundance of good things to fill your life.

The Unity Prosperity Bank drill can help you establish the habit of prayer, so that you can co-operate with God in bringing true prosperity into your life. Each day as you pray, remember to bless a portion of your substance and place it in the Bank. With the amount you save, send DAILY WORD gift subscriptions to your friends, so that they may share your blessings. Each day of the Bank drill, Silent Unity will pray with you for your prosperity and success.

Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three DAILY WORD subscriptions (one year each) listed below:

1. Name _____
Street _____
City _____ State _____
2. Name _____
Street _____
City _____ State _____
3. Name _____
Street _____
City _____ State _____

SENDER'S NAME _____
Street _____
City _____ State _____

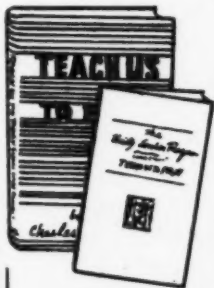
Please indicate postal zone number, if cities are so divided. D-1-81

MAKE LENT A TIME OF FULFILLMENT

Beginning February 7, Unity students throughout the world will make the following forty days—the Lenten season—a time of fulfillment of the deep desires of the heart.

The Unity way of observing Lent is more than a surface denial of the desires of the physical body; it is denial on the spiritual plane of the reality of evil. During Lent, Unity students fast from tendencies toward negative thought, speech, and action. They concentrate on learning how to attune themselves to Divine Mind through prayer, and they are aided by their simultaneous study during the Lenten period of the book **TEACH US TO PRAY**, by Charles and Cora Fillmore.

You are cordially invited to join us this year in observing Lent the Unity way. In order to take part, you will need a copy of the book **TEACH US TO PRAY** and its accompanying booklet *The Unity Lenten Program*. The book may be obtained for \$1 from your local Unity center or direct from Unity headquarters. The booklet will be included free with each copy of **TEACH US TO PRAY** ordered.



**UNITY SCHOOL OF
CHRISTIANITY
LEE'S SUMMIT, MO.**



Mountains Affirm

JAMES DILLET FREEMAN

Mountains have sun-crowned slopes and wear
snow's white;

There is a grandeur in their untrod height;
They stand as firm as faith, yet soar like
prayer.

Mountains are affirmations. They declare
The absolute and have a power to bless
My spirit with infolding quietness.

Mountains remind me that I have in me
An untouched summit of serenity,
Abiding, crowned with majesty, untrod,
Upsoaring. Mountains make me think of God.

